

# GERMANTOWN

## ★ ATHLETIC CLUB ★

### January 2013 Programs and Events

#### **Hours of Operation**

Monday – Thursday	5 a.m. until 10 p.m.
Friday	5 a.m. until 9 p.m.
Saturday	7 a.m. until 9 p.m.
Sunday	10 a.m. until 6 p.m.

#### **New Year's Holiday Hours and Group Fitness Schedule**

**Monday, December 31:** Open 5 a.m. – **Close 5 p.m.**

All morning and noon classes remain as scheduled. All evening classes canceled.

**Tuesday, January 1:** CLOSED

**Wednesday, January 2:** **Open 8 a.m.** – Close 10 p.m.

All classes at 8:30 a.m. and after remain as scheduled. All 5:30 a.m. classes canceled.

#### **Special Events**

##### **Membership Has Its Rewards**

It's time once again for our annual member appreciation event! Just **register to participate** starting **Monday, December 3** and **come to the Club at least 8 times per month**. Members who are registered and reach the 8-visit per month threshold will receive entries corresponding to their number of monthly visits for prizes! Contest rules and information are available at the front desk and on our website.

##### **4<sup>th</sup> Annual Dance 4 Smiles and Silent Auction**

**Saturday, January 19, 9 a.m. to Noon.**

Get ready to dance with Zumba, Belly Dance and Dance Fusion Instructors and help raise awareness for Give Back a Smile. Guests are welcome at this event. Minimum donations of \$10 per Club Member and \$15 per guest will be collected at the door the day of the event.

## **Yoga Celebration**

Sunday, February 24, 2 p.m. to 4 p.m.

Yoga Celebration is open to all Club members. Come one, come all and experience the practice of yoga while celebrating World Yoga Day with a two-hour Yoga class. All Yogis and Yoginis are invited, experienced and those new to the mat.

## **Personal Training**

### **Families Needed for Research Study**

Participants for a childhood obesity research study are needed beginning in January. Jeremy Crowe, Germantown Certified Personal Trainer and University of Memphis graduate student, will be observing the nutritional and sleep habits of parents/caregivers and their children ages 6 to 12.

Participants will be required to come in 3 to 4 times for BMI testing and questionnaires. The study lasts 4 to 6 weeks and each participating family will receive one half-hour personal training session upon completion. The session can be used by any family member.

For more information about this study or to volunteer please contact Jeremy at (901) 834-3955 or [jcrowe76@comcast.net](mailto:jcrowe76@comcast.net).

## **January Supplement Special**

During the month of January – Maxx Recovery – only \$3! Maxx Recovery contains premium whey isolates and stacked carbs – just what your body craves after a workout. Together this time-tested duo gives you exactly what's needed for muscle recovery and glycogen replenishment.

## **Programs**

### **Kids Night Out**

Saturday, January 5, 6 to 8:30 p.m.

Kids ages 1-6 will participate in crafts and activities for our New Year's Celebration. Dinner and a drink are provided.

Fee: \$20 per member and \$15 for each additional sibling; \$25 per non-member guest

*Registration deadline is Friday, January 4.*

### **Game Night**

Saturday, January 5, 6 to 8:30 p.m.

Fee: \$20 per member and \$15 per additional sibling; \$25 per non-member guest

Boys and girls ages 7 to 11 years are invited to play a variety of games such as dodgeball, kickball, walleyball and basketball during Game Night. Dinner and a drink are provided.

*Registration deadline is Friday, January 4.*

### **Ballroom Blitz (Beginner)**

Thursdays at 8 p.m., January 10-31

Fee: \$40/member, \$60/member couple, \$55/non-member, \$75/non-member couple

Master ballroom steps in just four weeks with Germantown Athletic Club's Ballroom Blitz program. Each hour-long class will build upon skills learned in the previous class. This is a class for beginners. Partners are recommended but not necessary. A Ballroom Blitz session includes four classes. For more information contact Jerry Mills at (901) 289-8989. The registration deadline is the Monday before each session begins. Registration forms may be picked up in the Exeter lobby.

### **Ballroom Blitz (Intermediate/Advanced)**

Thursdays at 7 p.m., January 10-31

Fee: \$40/member, \$60/member couple, \$55/non-member, \$75/non-member couple

Master ballroom steps in just four weeks with Germantown Athletic Club's Ballroom Blitz program. Each hour-long class will build upon skills learned in the previous class. Partners are recommended but not necessary. A Ballroom Blitz session includes four classes. For more information contact Jerry Mills at (901) 289-8989. The registration deadline is the Monday before each session begins. Registration forms may be picked up in the Exeter lobby.

## **Aquatics**

### **Indoor Pool Hours**

Monday – Thursday: 5 a.m. to 9:45 p.m.

Friday – Saturday: 5 a.m. to 8:45 p.m.

Sunday: 10 a.m. to 5:45 p.m.

### **American Red Cross Youth Swim Lessons**

Monday, Tuesday and Wednesday

Preschool (4-5) and level I: 5:10 - 5:50 p.m.

Level II and III: 6:00 - 6:50 p.m.

Fee: \$80 per member, \$95 per non-members per session

Each session consists of eight classes. The prerequisite for each level is successful demonstration of skills taught in the preceding level. *There are no refunds or make-up days.*

Session I: February 11 to 26

Session II: March 18 to April 2

Session III: April 15 to 30

### **Private Swim Lessons**

30 Minute Sessions

Fee \$30 per member \$45 per non-member.

Call Germantown Aquatics at 751-7511 to set appointment and check availability.

**Lil Gators Swim Team**

Tuesday and Thursday, 5:30 - 6:15 p.m.

Fee: \$80 per member, \$95 per non-members per session. Must have passed level III swimming.

Session I: January 8 to January 30

Session II: February 5 to February 28

Session III: March 5 to March 28

Session IV: April 2 to April 25

Session V: April 30 to May 23

This is a noncompetitive training group that prepares individuals for entry onto Germantown Swim Team.

**Germantown Swim Team**

Germantown Swim Team is a year-round, competitive swim team which is open to all individuals interested in improving swimming techniques. Team members are accepted throughout the year. Each participant's swimming technique is evaluated by the coaching staff to determine placement. For more information, contact Scott Robinson at 757-7390 or [srobinson@germantown-tn.gov](mailto:srobinson@germantown-tn.gov).

**Germantown Masters Swimming**

Monday, Tuesday, Thursday Friday

5:15 to 6:45 a.m.

For more information, contact Scott Robinson at 757-7390 or [srobinson@germantown-tn.gov](mailto:srobinson@germantown-tn.gov).

**American Red Cross Lifeguard Training**

Session I: January 19, 20, and 26, 9 a.m. to 5 p.m. daily

Session II: February 9, 10 and 16, 9 a.m. to 5 p.m. daily

Session III: March 11, 12 and 13, 9 a.m. to 5 p.m. daily

Session IV: May 4, 5 and 11, 9 a.m. to 5 p.m. daily

Fee: \$200 per member, \$215 per non-member

The successful participant will become an American Red Cross Certified Lifeguard. Contact Germantown Aquatics at 751-7511 for qualification requirements. Participant must pass swimming prerequisite before being allowed to participate in class, swim three hundred yards contentiously, retrieve ten pound brick, and tread water.

-end-